

My strange journey to 'THE OTHER SIDE'

WHEN somebody claims he has seen life after death and says he *knows* we survive beyond the grave, I had to be sceptical. But the man I was talking to was no crank.

It was Robert A. Monroe, distinguished American researcher, world authority on the strange 'psychic' phenomenon called Out-of-Body-Experience (OOBE).

Floating out of his physical body, he has, he claims, travelled to the 'other side'—and met the dead.

He has, casting aside the shackles of flesh and blood, journeyed 200 miles free of his physical body, and pinched a woman friend in the ribs—to prove the truth of OOBE.

Amazing claims indeed. But they are made by the widely-respected founder and executive director of the Monroe Institute for Applied Sciences, near Charlottesville, Virginia.

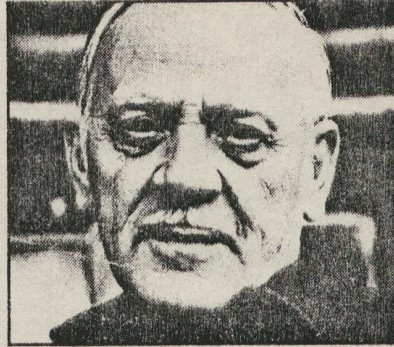
When Robert Monroe, now 70, first became involved in OOBE it wasn't for any scientific reason. It was because he was alarmed about what was happening to him.

That was back in 1958—when he had his first OOBE.

"It was late at night and I was lying in bed with my wife asleep beside me. Suddenly I felt a surge of 'vibrations' and I became aware of something pressing against my shoulder.

"I reached to feel what it was and found I was floating against the ceiling, bouncing gently with any movement I made.

"As I rolled in the air I looked down and there, in the dim light



Robert A. Monroe
claims he 'leaves'
his body to visit
dead friends

below was the bed with two figures lying in it. Both asleep. To the right, my wife. Beside her, someone else. "Then I looked more closely . . . the someone was ME.

"I swooped down to my body and dived in. I felt the bed beneath me, the covers over me . . . and when I opened my eyes I was looking at the room from the normal perspective of my bed."

Incredible? A vivid dream? Robert Monroe was convinced it was not, and tells the full story of those early flights in two remarkable books—*Journeys Out Of The Body* and *Far Journeys*, both published by Souvenir Press.

He tells, too, of the evidence that convinced him that survival beyond physical death is "but a simple fact as natural as being born".

He decided to try to 'visit' his old friend Dr. Richard Gordon, who had died of cancer.

"I lay down and concentrated. After about an hour, the 'vibrations' began and I swung aloft out of the body, mentally yelling 'I want to see Dr. Gordon'.

"I found myself standing in a

large room where a group of men were listening to a young man—about 22, short, thin, with a shock of blond hair. He stopped in the middle of his conversation, and looked at me intently for a moment.

"It was only afterwards I realised that I had seen Dr. Gordon. At his widow's home I saw a photograph of him—not as the 70-year-old man I knew, but as a 22-year-old, new-made doctor.

"It matched perfectly the young man I had seen on my OOBE."

Later Monroe was similarly to meet—and speak with—his dead father.

He 'visited' a friend on holiday 200 miles away on the New Jersey coast and gave her a pinch in the ribs, just above the left hip.

When she returned from holiday Monroe asked her if she remembered the pinch.

"A look of complete astonishment crossed her face. Then . . . in the privacy of my office, she lifted the edge of her sweater. There were two brown and blue marks at exactly the spot where I had pinched her."

RICHARD EGAN